

Among Friends



September 2016



SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

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TELEPHONE NUMBERS

Senior Center 508-210-5570
Transportation 508-210-5573
Dining Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

LEGAL CLINIC

Attorney Arthur Bergeron from Mirick O'Connell will be here from **10:30-12:30 on Monday, September 12** offering free 15 minute appointments to answer your legal questions. **Appointments are required and can be made by calling 508-210-5570.**



"TWO TO TANGO"



Join us on **Wednesday, September 14 at 1:00 p.m.** as actors Lynne McKinney Lydick and Richard Clark present "Two to Tango." This program is a live dramatic performance featuring scenes from Goldman's "A Lion in Winter" and Neil Simon's "Visitor from New York," a bittersweet tour of life,



love and love lost. **To reserve your seat, please call 508-210-5570.** This show is sponsored through a grant offered by the Holden Cultural Council. We sincerely thank them.

An Afternoon of Music



On **Monday, September 19 at 1:00 p.m.** we will welcome Holden resident Emma Riffelmacher who will offer her first singing concert here at the Senior Center. The concert is free and open to all. Refreshments will be served after the concert. **Please make your reservation by calling 508-210-5570.**

DO YOU NEED A TRUST? ~ WHAT TYPE AND WHY?

How can a trust help you protect your assets, minimize taxes and avoid probate? Attorney Arthur Bergeron from Mirick O'Connell will be here to answer these questions through a presentation and question and answer period. **To register for this program, which will be held on Monday, September 26 at 1:00 p.m., please call 508-210-5570.**



HOME-COOKED LUNCH



We invite you to join us on **Wednesday, September 21 at 12:00 p.m.** for a home-cooked lunch. This month we will offer a menu of Swedish meatballs, egg noodles, carrots, rolls and butter, gingerbread, coffee and milk. **Reservations are a must** and should be made by Friday, September 16 by calling **508-210-5570.** Cost for this meal is \$3.00 for Holden Elders and Senior Center volunteers and \$5.00 for out-of-town Elders. Each ticket for this lunch has been subsidized by \$1.00 each by a Holden Senior Center grant through the Sjostedt Family Fund at the Worcester Foundation. We sincerely thank them.



UPCOMING TRIPS



Thurs., Oct. 27 ... Winnepesaukee Scenic Railroad ... The Winnepesaukee train runs from Meredith, NH along Meredith Bay clinging to a shelf dug out over 100 years ago for the fast Montreal trains that passed through here. It is a downhill ride most of the way from Meredith to Weirs Beach and the view is spectacular of the Lake, Belknap Mountains and of the Islands. Now you are on a level with the lake and you arrive at Weirs Beach. You continue your ride to Lakesport all the way along the shore of "Paugus Bay." Hart's Hot Roast Turkey dinner carved at your table will be served with all the trimmings, while riding the scenic railroad. Departs 8:45 a.m. Arrive at Turkey Train in Meredith, NH 12:15 p.m. Depart for home at 3:00 p.m. Return 5:45 p.m. Cost per person \$86.00 - includes driver's gratuity. **Payment due at time of booking.**



Wed., Nov. 30 ... Nana's Naughty Knickers at the Newport Playhouse & Cabaret Restaurant Depart Holden Senior at 8:30 a.m. After experiencing Newport's beautiful Ocean Drive, you're off to the Newport Playhouse and Cabaret Restaurant. Here you'll enjoy a great buffet, a wonderful play and a fun filled cabaret performance. Their extensive hearty buffet does not skimp on quality or size. After lunch, you'll be whisked off to their intimate theatre where you can sit back, relax and take in Newport Playhouse's show "Nana's Naughty Knickers." *Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget. It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area!* After the show it's back to your original table where the dining room is transformed into a captivating Cabaret. You'll arrive home at approximately 6:00 p.m. after a wonderful day in Newport, Rhode Island. Cost for this trip is \$91.00 per person. **Payment due at time of booking.**



Questions? Call Kathy Hannigan at 508-210-4321. Please leave a message - she will get back to you.

If you are interested in any of our trips or if you have questions, please call 508-210-4321.

All trip payments are due at time of reservation. If trip is cancelled due to low interest, your money will be refunded. Remember ~ if we don't lose it, you don't lose it!!

WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE, as we have other events taking place at the Senior Center during the day.

WE INVITE YOU TO JOIN US...

...every Friday afternoon at 1:15 p.m. for Oriol Senior Fitness. No registration is required. It's a wonderful class sponsored by Oriol Healthcare and instructed by Marty French. The class is lively, motivating, and most of all - FUN!! Those who participate absolutely love it!! There is no charge for the class. A very big thanks to Oriol Healthcare for their sponsorship.



FROM THE FRIENDS...

The Morning Glory Café will be closed on Friday, September 2nd (Labor Day Weekend).



Due to an upcoming holiday, Fall Fair preparations and the presidential election, the next few Friends meetings have been scheduled as such: **MONDAYS: SEPTEMBER 12, OCTOBER 17, and NOVEMBER 14.** Our fall HARVEST FAIR is SATURDAY, NOVEMBER 5 from 9:00 a.m. to 2 p.m. *Start planning your treats for our bake table!*

SHINE COUNSELOR

**Monday, September 12 and Monday, September 26
BY APPOINTMENT ONLY**





SEPTEMBER YOGA THEMES!

Let's roll right into September, the month of transition from summer to fall ... continuing the **circle** around the sun, the months and the seasons. We will explore **ABC yoga** for back to school, and some fun **Brain Games**. Be sure to join in the FUN! Sept. 6 & 8 ~ *Circle Yoga and Brain Games*; Sept. 13 & 15 ~ **A** - Awareness, Arthritis, Align the Spine; Sept. 20 & 22 ~ **B** - Bones, Breath, Balance; Sept. 27 & 29 ~ **C** - Calm, Centered, Core, Compassionate. Tuesday's class AND Thursday's class is at

2:30. Cost for yoga classes is \$2.00/class and is partially subsidized through a grant from the Executive Office of Elder Affairs.

REFLECTIONS OF A LOVE SUPREME

Reflections of a Love Supreme tells the story of Motown through the eyes - and camera lenses - of its fans. Many of the photos included here have never been published before. They are personal, behind the scenes glimpses of the people, places and things that made Motown the music that inspired a generation. Local author Tom Ingrassia will be here on **Wednesday, September 28 at 1:00 p.m.**

Call 508-210-5570 to reserve your seat. This event is free and open to all.



IMPORTANT INFORMATION FROM THE EXECUTIVE OFFICE OF ELDER AFFAIRS ...

DO NOT IGNORE MEDICARE MAIL!!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare open enrollment (**October 15-December 7**) you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment.



DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. To schedule a SHINE appointment, call the Senior Center at 508-210-5570



PUBLIC POWER WEEK LUNCH

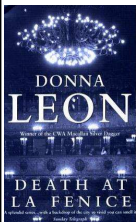
Once again this year the Holden Municipal Light Department will sponsor a lunch in recognition of Public Power Week. This lunch will be held on **Wednesday, October 5 at 12:00 p.m.** This lunch is for **HOLDEN ELDERS ONLY.**

The menu this year is Roast Pork, Stuffing, Butternut Squash, Applesauce, Rolls & Butter, Pie, Coffee and Milk. **Reservations are required** and can be made by calling 508-210-5570. Reservations will be accepted up to September 30 or until we reach capacity. Thank you to the Holden Municipal Light Dept. for sponsoring and serving this lunch and to members of Building and Grounds of the DPW for helping the Senior Center Staff prepare the luncheon.



BOOK DISCUSSION GROUP




The book discussion group will meet at **10:00 a.m. on Thursday, September 15** to discuss the book Death at La-Fenice by Donna Leon. There is little violent crime in Venice, a serenely beautiful floating city of mystery and magic, history and decay. But the evil that occasionally does rear its head is the jurisdiction of Guido Brunetti, the suave urbane vice-commisario of police and a genius at detection. Now all of his admirable abilities must come into play in the deadly affair of Maestro Helmut Wellauer, a world-renowned conductor who died painfully from cyanide poisoning during intermission at LaFenice. But as the investigation unfolds, a chilling picture begins to take shape - a detailed portrait of revenge painted with vivid strokes of hatred and shocking depravity. And the dilemma for Guido Brunetti will not be finding a murder suspect, but rather narrowing the choices down to one...





SEPTEMBER 2016



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE | Monday, September 19 at 1:00 p.m.  Emma Riffelmacher Concert | REFLECTIONS OF A LOVE SUPREME  Wednesday, September 28 @ 1:00 p.m. | 1 8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch BBQ Chicken 1:00 Bridge 2:30 Gentle Chair Yoga | 2 8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe 10:00 Poker 12:00 Senior Lunch Cheese/Spinach Omelet 1:00 Cribbage 1:15 Oriol Senior Fitness |
| 5 LABOR DAY  SENIOR CENTER CLOSED | 6 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Greek Chicken 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga | 7 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Meatloaf & Gravy NO AFTERNOON PROGRAMS | 8 PRIMARY ELECTION  NO PROGRAMS OFFICE OPEN VANS RUNNING | 9 8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe 10:00 Poker 12:00 Senior Lunch Breaded Fish 1:00 Cribbage 1:15 Oriol Senior Fitness |
| 12 SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 10:30 Legal  Appointments Senior Lunch Beef Stew 1:00 Friends Meeting | 13 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Vegetable Cheese Bake 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga | 14 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Chicken Murphy 1:00 Pitch Party 1:00 Two to Tango  | 15 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch Salisbury Steak 1:00 Bridge 2:30 Gentle Chair Yoga | 16 8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe 10:00 Poker 12:00 Senior Lunch Spaghetti & Meatballs 1:00 Cribbage 1:15 Oriol Senior Fitness |
| 19 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Chicken Sausage Jambalaya 1:00 Emma Riffelmacher Concert  | 20 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Meatballs w/Onion Gravy 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga | 21 8-4:00 Billiards 9:00 Tai Chi 12:00 Home Cooked Lunch 1:00 Pitch Party  | 22 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Macaroni & Cheese 1:00 Bridge 2:30 Gentle Chair Yoga | 23 8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe 10:00 Poker 12:00 Senior Lunch Fish w/Crumb Topping 1:00 Cribbage 1:15 Oriol Senior Fitness |
| 26 SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch Hot Dog on Bun 1:00 Legal Presentation  | 27 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Salmon Boat w/Dill 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga | 28 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Chicken Primavera 1:00 Pitch Party 1:00 Tom Ingrassia | 29 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Beef Mediterranean 1:00 Bridge 2:30 Gentle Chair Yoga | 30 8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe 10:00 Poker 12:00 Senior Lunch Lasagna 1:00 Cribbage 1:15 Oriol Senior Fitness |

COMING IN OCTOBER ...

Wed., Oct. 5 ... Public Power Lunch



Wed., Oct. 12 ... Scam Presentation

Mon., Oct. 17 ... Legal Clinic



Mon., Oct. 17 ... Centered Calm Meditation Program



FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

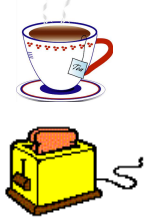
Telephone Number: _____

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

YOU'RE INVITED TO THE MORNING GLORY CAFÉ!

Come one ~ come all, to our Morning Glory Café here in the Senior Center.

The Café will be open from **8:30 a.m. until 10:30 a.m.** every Friday. There's no need for a reservation, just come by ~ bring some friends to sit and enjoy Coffee; Tea; Juice; Homemade Pastries; Toast; Raisin Toast; and English Muffins. There will be a small cost for the items you choose. If you have questions, please call 508-210-5570.



If you have a couple of hours on any Friday that you would like to volunteer your time helping out with the Café, please call Paula Grady at 508-829-3462.



"There is no substitute for hard work" ~ Thomas Edison



Celebrate

the work of our hands

Labor Day

**The Senior Center will be closed on Monday, September 5
in observance of Labor Day.**

*Distribution of this newsletter is made possible, in part, by a grant from the
Massachusetts Executive Office of Elder Affairs and the Friends of HCOA*

Return Service Requested

Friends of the Holden COA
Holden Senior Center
1130 Main Street
Holden, MA 01520

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